

Mailing address:
1006 West Century Blvd., Suite 271
Los Angeles, CA 90044
Website www.namisouthlosangles.org
Email: Queen90262@yahoo.com

NAMI Urban Los Angeles

4305 Degnan Blvd. Suite 104
Los Angeles, CA 90008
(323) 294-7814 Direct line
(323) 294-1534 Fax
Website: www.namiurbanla.org
E-mail: info@namiurbanla.org

All information about groups, classes, etc. can be found on the website

NAMI Westside Los Angeles

921 Westwood Blvd. # 236
Los Angeles, CA 90024
Info line (310) 889-7200
Website: www.namila.org
Email: mglazer@namila.org

Family Support Groups and Speakers

Edelman Mental Health Center
11080 West Olympic Blvd
Los Angeles, CA 90064
(For night meetings enter thru garage on Olympic Blvd.)
2nd Mon. 1:00 - 3:00 pm
1st & 3rd Wed. 8:15 - 9:30 pm (after speaker)
2nd, 4th & 5th Wed. 6:30 - 7:45 pm
Speaker meeting:
1st & 3rd Wed. 7:00 - 8:15 pm speaker

Didi Hirsch Community MH Center
4760 Sepulveda Blvd., 1st floor
Culver City, CA 90230
Each Mon. 6:30 - 8:00 pm

Daniel's Place (enter thru alley)
1619 Santa Monica Blvd.
Santa Monica, CA 90404
2nd & 4th Wed. 6:30 - 8:00 pm

Peer (Connections) Support Group

Edelman Mental Health Center
11080 West Olympic Blvd
Los Angeles, CA 90064
Consumers, Rm108
Each Wed. 6:30 - 7:45 pm

NAMI Whittier

Family Support Group

First United Methodist Church, CA 92639
Wesley Building, #121
6725 Friends Ave., Whittier, CA 90601

Family Care & Share Meeting
2nd & 4th Thurs. - 6:30pm - 8:00pm

Business / Educational Meeting
3rd Thurs. - 7:00pm - 9:00pm

Rita Murray **(562) 692-8006**
Email: namiwhittier@aol.com

Peer (Connections) Support Groups

First United Methodist Church
Administration Building, #105
13222 Bailey St., Whittier, CA 90601
(Enter by side door @ lower end of parking lot)
1st & 3rd Sunday 2:30 - 4:00 pm
Contact: Denise @lucygirl.hynes@gmail.com

Whittier Area First Day Coalition
12426 Whittier Blvd., Whittier, CA 90602
1st Thursday 6:00 pm - 7:00 pm.
Contact: David Barraza **(562) 500-0894**
dlbarrazas@gmail.com

OTHER ASIAN SUPPORT GROUPS

NAMI Asian Pacific Family Center
9353 E Valley Blvd., Rosemead, CA 91770
Care & Share:
1st Tues. 6:00 - 7:30 pm (Cantonese)
4th Thurs. 10 am - 12 pm (Mandarin)
Korean as needed
(626) 287-2988 Jeanette & Anne

NAMI Asian Pacific LA
Asian Pacific
520 S. Lafayette Park Pl., 3 Fl.,
Los Angeles, CA 90057

Asian-Pacific Counseling & Treatment Center
11050 E. Artesia Blvd. Suite F
Cerritos, CA 90703
1st Thurs. - 6:30pm - 8:00pm
Quarterly Meeting
(213) 252-2100 J. Choi

Ronny Choe **(562) 619-5732**

WHAT ARE NAMI PROGRAMS?

FREE EDUCATION AND SUPPORT PROGRAMS OF NAMI LOS ANGELES COUNTY

- ▶ **Family to Family** – A 36-hour course for family members with a relative diagnosed with a mental illness, covering brain biology, treatment, medications, communication and resources.
- ▶ **Family Support Group** – A weekly support group for family members who have a relative with mental illness.
- ▶ **Borderline Personality Family Class** – A twelve week education course specifically for family members and friends of those with Borderline Personality Disorder, given by trained family members.
- ▶ **Peer to Peer** - A peer-facilitated nine week education class for consumers who have been diagnosed with a mental illness that focuses on “living well with what we have.” Graduates may be eligible to become teachers.
- ▶ **NAMI Connections Mutual Support Program** - A weekly support group for those diagnosed with mental illness, enabling them to informally learn from each others' experiences.
- ▶ **Mental Health Speaker Series** – Twice monthly presentations feature prominent psychiatrists, researchers, therapists, and others with new information on mental illness, recovery, and self-care. The series has featured medical and alternative practitioners.
- ▶ **In Our Own Voice: Living with Mental Illness** - Recovered consumers present information to community agencies and corporations to help to fight stigma and raise public awareness. Many consumers who speak in this program go on to get jobs as a result of it.
- ▶ **Provider Education for Clinicians** - Utilizing consumers and families as experts, clinicians are taught non-scientific aspects in treating those with mental illness, to help design best practices guidelines. Clinicians receive CEU credits.
- ▶ **Family to Family “Train the Trainer” Class** – A training for graduates of our Family to Family class to go on to become teachers in the program.
- ▶ **Family Basics** – Offers education and support for families with a young child with mental illness.
- ▶ **Front Line for Veterans** – Support group and resources for veterans.

Last Updated
1/18/12



The Nation's Voice on Mental Illness

NAMI LOS ANGELES COUNTY AFFILIATE LIST

2012

AFFILIATED WITH: NAMI NATIONAL NAMI CALIFORNIA

For referral to a NAMI near you:
(in English and Spanish)
310-889-7200

NAMI Los Angeles County Resources
Annette Tarsky (213) 632-0782

Dept of Mental Health
CRISIS NUMBER
800-854-7771

Dept of Mental Health
Family Advocate
Helena Ditko LCSW (213) 738-3948

www.namilacc.org

See NAMI Programs on Back of Brochure

NAMI Antelope Valley

Family Support Group

Desert Vineyard
Challenger Way & E. Ave I
Lancaster, CA 93534
2nd & 4th Mon.
7:00 - 9:00 pm
(661) 341-8041
Website: www.nami-av.org
Email: president@nami-av.org

NAMI Beach Cities

Family Support Group

Church of Brethren
2761 W. 190th St.
Redondo Beach, CA 90278
2nd Wed.
10:00 am – 12 Noon Care & Share
(310) 545-6416 Martyr Leville

NAMI East San Gabriel Valley

Family Support Groups and Speaker

First United Methodist Church
Park in rear of church
15701 E Hill St.
La Puente, CA 91744
(626) 974-8702 NAMI Office
Every Thurs. 7:30 pm Care & Share
4th Thurs. Speaker

Pacific Clinics Sierra Family Center
1160 S. Grand Ave.
Glendora, CA 91740
2nd & 3rd Tues. 6:30 - 8:00 pm
(626) 338-8981 Dolores & Ricky Encinas

NAMI Glendale

Family Support Groups and Speakers

Didi Hirsch – Glendale
1540 E. Colorado Blvd.
Glendale, CA 91205
Every Tuesday. 6:00 - 7:30 pm Care and Share
1st Tues. 6:00 - 7:00 pm Care and Share,
7:00 pm Speaker
2nd & 4th Tues. Spanish Care & Share 6:00 - 7:30 pm
(310) 663-3844 Mario Bodnia (Spanish/English)

Glendale Church of Christ
2021 W Glen oaks Blvd.
Glendale, CA 91201 (east of Alameda)
Sun. 4:30 - 6:00 pm
Enter through parking lot at the rear, off Spazier St.
(818) 421-0528 Jean Lusby

American Indian Families Partnership
5809 N. Figueroa St.
Los Angeles, CA 90042
3rd Tues. 6:30- 8:30
(323) 274-1070 justplainwayne@yahoo.com
Website: www.namiglendale.org

NAMI Long Beach

PO Box 91206
Long Beach, CA 90809
(562) 435-2264 Tom Sullivan
Email: namilba@aol.com

Speakers and Family Support Group

Pacific Hospital
2776 Pacific Ave.
Long Beach, CA 90806
2nd & 4th Wed. 7:00 pm Care & Share
1st Wed. 7:30 pm Speaker & Meeting

Peer (Connections) Support Group

MHA Village
456 Elm Avenue,
Long Beach, CA 90802
6:30 pm to 7:30 pm

Faith Based Support Group

Parkcrest Christian Church
668 Obispo (at 7th Street)
Long Beach, CA 90814

NAMI Metropolitan State Hospital

Family Support Group and Speakers

11401 Bloomfield Ave.
Norwalk, CA 90650
2nd Sat. 11:30 am- 1:30 pm Speaker
@ James Hall

Peer Support Groups

Every Wed. 7:00 pm Care & Share
CPS Bldg.
(562) 943-0453 Yolande Vodhanel

NAMI Pomona Valley

Family Support Group and Speakers

Claremont Presbyterian Church Fellowship Hall,
1111 N. Mountain Ave.
Claremont, CA 91711
909-399-0305 Helpline
1st Tues. 6:15 pm C&S
8:00 pm Speaker
(909) 629-3337

Tri-City Mental Health Center
2008 N. Garey, Pomona, CA 91767
3rd Thurs. 7:00 - 8:30 pm

Many consumer support groups For info call the Helpline.

Website: www.namipomonavalley.org
Email: dickbunce@verizon.net

NAMI San Fernando Valley

NAMI-SFV Info Line 818-994-6747

Family Support Groups and Speakers

SFV Comm. Mental Health Center, Inc
14545 Sherman Circle
Van Nuys, CA 91405
3rd Wed. 6:45-8:45 pm Speaker Mtg
2nd & 4th Wed
7:00 - 8:45 pm Support Group
Siblings, Offspring & Spouses
Support Groups
1st Wed. 7:00 - 8:30 pm

Northridge Hospital
18300 Roscoe Blvd.
Northridge, CA 91325
Mental Health Bldg.
1st & 3rd Thurs.
7:00 - 8:45 pm Support Group
Sibling/Spouses &
Adult Children Group
3rd Tues. 7:00-8:30 pm, Conf. Rm. 49

Santa Clarita Mental Health Clinic
23501 Cinema Dr. Suite #201
Santa Clarita, CA 91355
1st & 3rd Tues.
6:30-8 p.m. Support Group

West Valley Christian School
22450 Sherman Way
West Hills, CA 91307
2nd & 4th Mon. 7-9 Support Group
Website: www.namisfv.org

NAMI San Gabriel Valley

2550 East Foothill Blvd. #135
Pasadena, CA 91107
(626) 577-6697
Email: sgvnami@pacificclinics.org
Website: www.sgv.nami.org

Family Support Group

Wilson Auditorium
2447 E. Walnut
Pasadena, CA 91107
Every Thurs. 5:30 pm – 7:30 pm

Front Line for Veterans:

For military families and Vets;
Call Office for Details

NAMI South Bay

Family Support Group and Speaker

First Lutheran Church
2900 W Carson St.
Torrance, CA 90503
(310) 533-0705 NAMI Office
3rd Mon. 6:00 pm Care and Share
7:30 pm Speaker
President - Paul Stansbury

**Peer (Connections) Support Group @
Harbor UCLA Medical Center (Bldg 2 South)**
1000 W. Carson
Torrance, CA 90503
Every Thursday 6:00 pm to 7:30 pm
Website: www.namisouthbay.com
Email: pstans5@aol.com

NAMI South Los Angeles

Augustus Hawkins Family MH Center
1720 East 120th Street, Rm 1119
Los Angeles, CA 90059
1st & 3rd Thurs. 5:00- 6:30 pm.
Contact and President: Margie Harper
Phone: **(310) 668-4271** Ask for Bruce